

Banana Bread Protein Muffin

3/4 cup ripe banana (about 1 large banana)
3/4 cup egg whites
1/2 cup plain low fat greek yogurt
3/4 cup oats
2 scoops vanilla protein powder
1/4 cup baking stevia
1 tsp baking powder
1 tsp baking powder
1/2 tsp cinnamon

Directions:

Preheat oven to 350°. Spray muffin pan with non-stick cooking spray, or line with **silicone or foil liners with paper inserts**, (spray liners if using).

Place all the ingredients in a blender or food processor and blend until mixture is smooth.

Divide mixture evenly between 12 muffin tins.

Note: be aware that all muffins that are made with oats rather than flour will stick so you **must** spray with non-stick cooking spray.

Yield: 12 muffins

Nutritional Information per serving

Calories 58
Protein 7 g
Carbs 9 g
Fiber 2 g
Sugar 1 g